

WLE Webinar

The Journey Back Into the Workplace

1. Eve outlines the “Rules of Permission” as permission to be unavailable, permission to burn your guilt and shame, and permission to use your voice. Is there one rule you could see being difficult for you to apply to your life?
 - If so, which one is it and how do you plan to overcome this mental or physical block?
2. Eve argues that visibility equals value. Do you think it’s necessary for work inside the home to be recognized in order to hold weight in a family?
 - What invisible work do you find yourself doing?
 - Is it intentional or just out of habit?
3. What did this conversation illuminate about your own relationships at work and at home, and how does it make you feel?
4. Eve explains the secret formula as Boundaries, Systems, and Communication. Do you feel like you have all three at home? What about at work?
5. When was the last time you spent an hour on something outside your roles as a parent, partner, and/or professional? How did it make you feel?
6. During quarantine, did you have a Unicorn Space of your own? If yes, explain your Unicorn Space, and if no, explain what prevented you from having one.
 - How did this change your emotional and physical state?
7. Do you feel like you are able to set boundaries at work?
8. How are you reclaiming your right to be interesting and interested in your own life?